



# Newsletter

## July 2010

[www.transitionexeter.org.uk](http://www.transitionexeter.org.uk)  
[admin@transitionexeter.org.uk](mailto:admin@transitionexeter.org.uk)

Remember to check [www.transitionexeter.org.uk/events.html](http://www.transitionexeter.org.uk/events.html)

**Win a Solarcentury Solar Electric System Worth £12k+**

<http://www.transitionexeter.org.uk/solarcentury.html>

**Competition closes at Midnight on the 4th of July 2010**

### Transition Exeter events & news

#### Transition Network Conference 2010 report

This year's Transition network conference was close to home in Newton Abbot. Around 300 people spent a very full weekend exploring many different aspects of Transition. As well as from around the UK, there were strong contingents from France and Brazil. Some of the highlights included: Transition International Youth project launches, Making sense of Financial Crisis in an Era of Peak Oil, Exploring the Future Context of Transition and 'Seeing Transition as a Pattern Language'.

Transition Network Conference blog: <http://www.transitionnetwork.org/blogs/conference-2010>  
Transition Scotland will be holding their annual conference in Edinburgh in November.

#### Speakers on Transition

Do you belong to a group of some kind which might like a speaker on the Transition movement, how it might be relevant to their concerns, and what Transition Exeter is doing? Could be a bowls club, youth club, gardening, sport, or weaving club, student group, U3A, WI, church group, parish council or residents' association. We have trained speakers and presentations ready who can adapt to a short or a long session. It would be great for us to talk to different groups and to gather their ideas about what would make for a better Exeter as well as share ours about how to make a satisfying and resilient low carbon society. To discuss having a Transition talk please contact Gill at [gillwestcott@hotmail.com](mailto:gillwestcott@hotmail.com) or 01647 24789

#### Green Drinks

Green Drinks is a non-political event where anyone is welcome. It is organised by the Green Party but with the aim of getting any like minded people together to share ideas and concerns and also to have a little relaxing fun. Members of Transition Exeter will be available to talk to. Next gathering on the **8<sup>th</sup> July** from 8pm at the North Bridge Inn, St. David's Hill, Exeter

#### Quest Festival

The Quest festival is running from **8th - 11th July** at Newton Abbot racecourse, Transition Exeter is taking part in the transition towns tent. Tickets are £7.50 per day or £20 for the full ticket.

## Around the TE Groups

### Transport Group

The transport group are working on a display about our vision for transport in Exeter in 2030, to be used at various places around the city in the autumn. If you've got any pictures that could help to illustrate what transport in Exeter could be like (or shouldn't be like!) we'd love to hear from you. You can send pictures to Sue Kay at [s.kay@blueyonder.co.uk](mailto:s.kay@blueyonder.co.uk), or better still come and help make the display at our next meeting in August.

You can keep up to date with the group and join our mailing list at:  
<http://groups.google.co.uk/group/transition-exeter-transport-group>

### Energy – Green Homes Tour

Latest News: We have now established an area of the TE website dedicated to the Green Homes Tour. This can be found at <http://www.transitionexeter.org.uk/activities/energy/green-homes-tour.html>. We are currently planning a tour of up to 20 people (half walking and half by car) to homes in Heavitree and Pennsylvania to look at solar and wind energy installations in homes on **19th September**. In addition to this we are hoping to produce a brochure of homes throughout and outside of Exeter that includes testimonials from homeowners who have installed resource-saving installations. There is also a possibility of having an exhibition. An application has been made for funding to support the exhibition/brochure and an advert has been sent to Express and Echo to see if we can find homeowners with other forms of resource-saving installation, such as a ground-source heat pump, pellet stoves etc. who would like to be involved.

Anyone wishing to become involved in the running of this project, or can offer any practical support, please contact Gill Baker [gill.b@transitionexeter.org.uk](mailto:gill.b@transitionexeter.org.uk) or if you are available please join our 'green homes tour action group' after Green Drinks at the Northbrook Inn (near Iron Bridge, Exeter) on **Thursday 8th July at 9pm**.

### Inner Transition

(i) Non-Violent Communication Practice group.

The **Non-Violent Communication (NVC) Practice Group** continues to thrive and usually meets at the Global Centre every third Thursday in the month, but we have to find another venue for **Thursday July 15th**. This is now a closed group meeting and regular participants will be contacted by email re the new venue as soon as it has been confirmed.

As usual group members can bring conflictual issues and disputes from everyday life, and these may be of a personal, social or political nature. The approach is non-judgmental and involves an empathic understanding and connection with ourselves in relation to other(s). Explorations take place within a group context of mutual respect and confidentiality. There is a real sense that this approach may reduce conflict and can bring a greater sense of peace and harmony. We hope it will contribute to non-violence in Exeter.

If you are new to NVC and want to learn more, contact Gail on [su7027@eclipse.co.uk](mailto:su7027@eclipse.co.uk) **We plan to set up a second group in the near future**. There are now three people waiting to start and interesting DVD's to view to help introduce the work. There is a fee of £2.00 per session per night for current members.

## (ii) Intuition Group

Following on from the 5-step programme for sourcing intuition from Darren's workshop, a group has been meeting to use and practice the technique, to explore individual and common social and eco issues – The actual focus is decided by participants at the time, though there has been a growing interest in the nature of Transition Communication and this focus will be further explored at the next session. We have agreed to meet every two months, and hope to add this intuitive process with its potential for new energy, creativity, and paradigm change into the melting pot of Exeter city life and in particular to Exeter as a transition town.

We plan to meet again on the morning of Saturday **17th of July** upstairs at Friend's House Wynard's lane, Magdalen St., Exeter EX2 4HU from **10.00am to 1.00pm** (with teas etc. offered from 9.30am) Please contact Gail on [su7027@eclipse.co.uk](mailto:su7027@eclipse.co.uk) if you would like to come along. Again there will be a small fee of £2.00 each for those attending in order to cover room hire.

## Economics

The Economics group will meet on **Tuesday July 6th 7.30 pm** to discuss 'The Great Transition', the New Economics Foundation pamphlet on what the whole economy could look like to bring about a Transition to a fairer, greener economy with sensible money policies. All welcome. Ring 01647 24789 or Andi Tobe for more details + venue.

## Food

TE knows that many of you have become involved as supporters and investors in the Real Food Store community enterprise and would like to be updated on progress. Here is the latest report from Sarah Collier and David Mezzetti, the contacts for the TE Food Group:

The Real Food store community share issue was launched at a packed St Stephens Church on 10 June. To date, more than £50,000 has been raised and pledged towards the minimum capital requirement of £150,000. For a community share offer, this is an unprecedented response from so many of you. But we have to double this amount in the next two weeks! Every investment, big and small, will ensure that this enterprise will get off the ground in time for us to sign the lease on 11-13 Paris Street by the end of July. If you just haven't got around to making a decision about investing, please do so now. There is no time to delay! Please see the web-site ([www.realfoodexeter.co.uk](http://www.realfoodexeter.co.uk)) for all the documents you need to download, read and respond to. This is an exciting time for social enterprise and the opportunity to 'invest in what you want' and not just 'take what you are given'. Lastly, if you do not have the minimum £100 to invest in Real Food, shares can be held in 4 names (although still with one vote) giving the opportunity to find three others with £25 for a joint share. See the web-site for details. But don't delay...

## Other news, events and stuff

### Embercombe Midsummer Fair

Open day at Embercombe, with an 'oil oak totem' event. People asked to bring along objects representing the value and precious nature of oil as a natural resource to hang on the totem. **July 4th**, 11am - 4pm <http://www.embercombe.co.uk/events/>

## Job advertisement

Home Grown, Community Owned (HogCo), a Devon-wide lottery funded project which works to help more communities to develop new - or expand existing - food growing projects, is looking for a worker. Note deadline for applications is **5th July**. <http://www.hogco-devonrcc.org.uk>

## Family Barn Dance

West Town Farm, Ide Exeter, Saturday **10th July** 6pm-11pm

Live Ceilidh Band 'Red Shed', Bar & BBQ. Children's activities & tractor-trailer rides from 6pm. £6 Adult £3 Child £15 Family. Overnight Camping Available. Reserve your tickets today 01392 811257 <http://www.westtownfarm.co.uk>

## Solar Power Party (Bristol)

In support of the **10:10 campaign**, get energised for summer at Create's solar- and pedal-powered celebration of low carbon living!

- \* Free children's activities, hands-on demos, workshops and energy saving advice
- \* Meet a Bristol City football player
- \* Have fun in the sun with live music and locally sourced food and drink.
- \* Free entry; steam train running from ss Great Britain (£3 return).
- \* See a full list of the day's activities <http://www.vistec.org/createbristol/index.htm>

## Farming business survey

The Royal Agricultural College are conducting a "Climate Change – Impact on Agriculture Survey" to collect views on how climate change might affect farming business, and see what changes you may have already made. To take part visit: <http://www.surveymonkey.com/s/LFWWKMH>

## Donation appeal

The New Economics Foundation does important work - but is currently very short of funds. Take a look at their website and consider a donation: <http://www.neweconomics.org/support-us/donation>

## Web articles

### Transition and local government

Local government is being officially nudged to engage with local Transition Groups, on its own 'improvement and development' website <http://www.idea.gov.uk>. A new article on the site explains the concept of transition and underlines the need for councils to build a relationship with their local groups.

Dr Jacky Lawrence, Strategic Energy Manager at Warwickshire County Council, says: "No council can meet its targets without the help of the community. But councils should support from the sidelines and not try to take over. It's a slow process to build up the trust – it's got to come from the grass roots. Whether it's energy security, climate change mitigation or promoting social cohesion, there are 101 reasons why a local authority should support this grassroots movement."

## Book Review

### 'Find Your Power' by Chris Johnstone

It's an ambitious project, to write a book offering the discovery of personal power, in a society where most people don't like their work, democracy generally means voting once in 5 years and governments duck the challenge of climate change and ignore peak oil. I wondered whether a self-help approach to finding power would cut much ice – or restore it.

Chris is a veteran of the Transition movement (if such a young movement can be considered old enough to have veterans), joined Rob Hopkins as speaker at the Unleashings in Totnes and Lewes, wrote part of the Transition Handbook, and edits the Great Turning Times ([www.greatturningtimes.org](http://www.greatturningtimes.org)). I have never heard him spoken of without affection. The front cover silhouette is clearly his, glasses and all, clawing his way up a rock face. I think they airbrushed out the ropes though, because the book says a lot about how to get the right kind of support, and foolhardy remedies do not feature greatly (though creative ones do: helping a person think about an impending difficult family wedding, a group suggested 'Leave the country' and 'Hire a bodyguard', as well as more practicable approaches.) Personal stories in the text indicate that Chris has indeed an insider's view of the either/or thinking and clinical depression which can beset the disempowered. Working 115 hours a week as a junior doctor he ultimately sued his employers – successfully – for occupational injury, before becoming an addiction specialist.

Throughout the book Johnstone parallels the challenges of personal change – eg in relation to alcohol, tobacco, or dealing with life threatening illness – with those of defeating oil addiction or taking action on global issues. Both can appear forbidding. Both can lead to negative thinking, criticism of self and/or others and giving up. Frank about the mixed motives and emotions which often accompany good resolutions, Chris devotes a whole section to The Power to Begin. The other two sections – Moving through Blocks and Resistance, and the Power to Keep Going - deal with different kinds of challenges. We are not offered miracle solutions but new ways to view the issues and thought experiments, based on much practical experience. Chris illustrates the value of many small steps, for example attending to background factors as well as immediate causes that precipitate breakdown or breakthrough. Filled with stories, concepts, questions to ponder and little exercises, the book is an easy read, but does its best to hinder you from reading straight through without getting the benefit of at least some of the techniques. I was frequently distracted by the usefulness of the questions, for current dilemmas I was thinking about, or for some I hadn't even noticed. Will it help to change the world? If living more fully for what we passionately desire will help, then it could do. Though many of the ideas may be new to the general reader, they meet the test of common sense and are expressed in vivid, down to earth language. Any steps you take towards change should be enjoyable, Chris says, and that also goes for reading this book.

*Gill Westcott*

Find Your Power is available via <http://www.chrisjohnstone.info/book.htm> or order from bookshops